

# Drug Sentencing Reform Takes Shape

By Glenn Baldwin, Planning and Policy Specialist; and Earl Long, Office of Program Services Administrator

The Washington State Legislature passed landmark legislation this year reforming the way drug offenders are sentenced and increasing their opportunities to receive substance abuse treatment both in prison and the community.

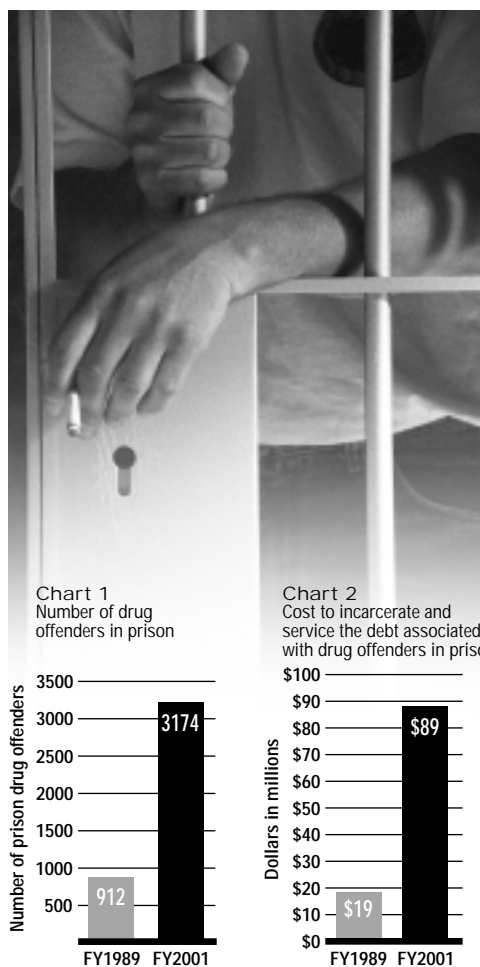
The new law accomplishes this by reducing the sentences for non-violent drug offenses and using the savings from shorter stays to fund drug treatment. The Division of Alcohol and Substance Abuse (DASA) has a key role in implementing the new law.

The numbers of drug offenders in state prisons has increased 250% since 1989, rising from 912 offenders to 3,174 (refer to chart 1). The corresponding costs of building prison space and incarcerating these offenders has gone from \$19 million in 1989 to \$89 million per year in 2001 (refer to chart 2).

As the financial and societal costs of incarcerating drug offenders have risen, there has been a growing awareness of the effectiveness of drug treatment in reducing recidivism and therefore saving money.

A 2001 review of all studies in the United States evaluating drug treatment concluded that drug treatment programs, on average, save more than they cost. Drug courts in particular save almost three dollars for every one-dollar of taxpayer costs when victim costs are factored in, and lower felony recidivism rates about 8%. Treating the drug offender benefits the taxpayer and society as a whole by breaking the cycle of addiction and rehabilitating the offender to be a productive member of society.

The current projected state savings are \$100,000 in 2001-2003, \$8.4 million in 2003-2005 and \$24 million in 2005-2007. DASA will administer the savings that go to



community-treatment and is convening a panel to assist in developing a funding formula and grant process for counties to use in applying for these funds. This panel includes representatives from state agencies, local governments, law enforcement, prosecutors, defense attorneys, substance abuse providers and the courts. The panel will be meeting on August 16th and September 12th from 9:00 am-3:00 pm to develop the funding formula. The public is welcome to attend the meetings, being held at the Criminal Justice Training Commission, 19010 1st Ave., So., Burien.

For additional information contact Earl Long at (360) 407-1109. 📍

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## Letters to the Editor

Please send questions, comments  
or suggestions for articles to:

Deb Schnellman  
(360) 438-8799  
email: schnedea@dshs.wa.gov

### Prevention and Treatment Resources

DASA website: [www1.dshs.wa.gov/dasa](http://www1.dshs.wa.gov/dasa)

Chemical Dependency Professionals:  
<http://www.cdpcertification.org/default.asp>

Alcohol/Drug 24-Hour Helpline:  
1-800-562-1240  
[www.adhl.org](http://www.adhl.org)

Alcohol/Drug Prevention Clearinghouse:  
1-800-662-9111  
<http://clearinghouse.adhl.org>

Media Literacy:  
[www.teenhealthandthemedias.net](http://www.teenhealthandthemedias.net)

**DSHS Secretary**  
Dennis Braddock

**DASA Director**  
Ken Stark

**Newsletter Editor**  
Deb Schnellman

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*From the Director*

## Strategic Priorities for the Rest of the Decade

By Ken Stark

After many months of work, the Division of Alcohol and Substance Abuse (DASA) has completed its draft Strategic Plan 2004-2009.

The long timeframe for the plan allows us to stretch our thinking beyond the day-to-day challenges posed by budget reductions, and enables us to position our work in the context of our overarching mission: to promote strategies that support healthy lifestyles by preventing the misuse of alcohol, tobacco, and other drugs, and support recovery from the disease of chemical dependency.

As part of the strategic planning process, DASA examined our statutory authority, our place within the Department of Social and Health Services, our relationships with our partners in the prevention and treatment communities, and our ongoing commitment to client health and safety, self-sufficiency, public safety, prevention, equal access and opportunity, and public stewardship. In doing so, we identified six Strategic Priorities:

1. Closing the Treatment Gap
2. Providing Treatment Alternatives to Incarceration

3. Fulfilling Our Responsibility as a Federally Recognized Opiate Substitution Treatment Accreditation Body
4. Reaffirming Our Commitment to Science-Based Targeted Prevention
5. Bridging the Gaps Between Research, Policy, and Practice

6. Developing a Strong Force

It should be noted that two of our priorities – providing treatment alternatives to incarceration, and fulfilling our responsibility as a federally recognized opiate substitution treatment accreditation body – reflect new and expanded responsibilities for DASA as chemical dependency treatment, and our work, are increasingly recognized for the contribution we can make to healthier communities.

In the coming months, DASA will be developing numerical targets for each of our priorities. We expect to be able to track our progress in helping people achieve safe, self-sufficient, healthy and secure lives free of the ravages of alcohol and drug addiction. 🐾

“...two of our priorities... reflect new and expanded responsibilities for DASA as chemical dependency treatment, and our work, are increasingly recognized for the contribution we can make to healthier communities.”

The 2002 Legislative Session was a difficult one from a budgetary perspective, as the Governor and Legislature sought to juggle available resources during a period of declining revenues and increasing needs. Social services were particularly hard hit.

In the Supplemental SFY 2002 budget, the Division of Alcohol and Substance Abuse (DASA) sustained a reduction of \$4.7 million, from \$235.6 million to \$230.9 million for the 2001-2003 Biennium. These reductions were realized by delaying the opening of the Eastern Washington Chemical Dependency Involuntary Treatment Facility, eliminating or reducing grants to serve those gravely disabled by substance abuse, cutting Treatment Accountability for Safer Communities (TASC) programs, and reducing planned vendor rate increase. In addition, as there were expected shortfalls in the Violence Reduction and Drug Enforcement and Public Safety and Education Accounts, DASA reduced or eliminated a range of smaller prevention and treatment programs. DASA headquarters reduced the number of FTEs by ten.

There were several bright spots, however. Funds were allocated for the King County Juvenile Drug Court, and for the treatment of pathological gambling. In addition, DASA is planning for the utilization of new funds for the treatment of non-violent drug offenders as a result of legislation related to drug sentencing reform (see feature story).

### Continued Ties with Economic Services Administration

During the Session, substantial reductions were made to the budget of the DSHS Economic Services Administration (ESA). Included in those reductions were \$6.7 million per year in Temporary Assistance for Needy

# The Budget

Tough Sledding,  
But Some Bright Spots

*By Dave Albert, Senior Planner and Policy Analyst*

in funding for the Safe Moms, Safe Kids (formerly CPEP) program.

ESA recognizes that DASA services are a valuable resource for TANF clients in their quest for self-sufficiency, healthy lives, and employment. As a result, ESA has decided to commit \$3 million in state funds annually to replace those lost in the budget process. In addition, because ESA funds are state rather than federal, DASA can maximize these funds through matching funds from Medicaid.

The result is that chemical dependency counselors will continue to provide training, expertise, and screening services in the CSOs. All residential beds for both adults generally and pregnant and parenting women will be retained. In addition, approximately 90% of TANF-funded outpatient services, and 90% of the Safe Moms, Safe Kids' capacity will be maintained.

## Training Changes

One of the results of the budget reductions is a significant change in DASA's training plans. Conferences are being consolidated into two annual events, the Prevention Summit and the Treatment Institute. In addition, rather than smaller training events, there will be a series of regional, one-day, skill-based trainings, which should reduce both planning and transportation costs. 🏔️

Families (TANF) funds to be used for DASA services. Of this total, \$4 million funded treatment for chemically dependent TANF clients and the placement of chemical dependency counselors in Community Services Offices. The cuts would also have eliminated the \$2.7 million

## What's New at the Clearinghouse?

*By Liz Wilhelm, Clearinghouse Manager*

## New Resources

The Washington State Alcohol/Drug Clearinghouse is happy to see the return of an old favorite: a Fetal Alcohol Syndrome prevention multi-language poster. This updated poster is a collaborative project of the Washington State Liquor Control Board, DSHS Division of Alcohol and Substance Abuse and Seattle and King County Public Health. The new poster contains a single warning message in many languages about drinking during pregnancy. The poster is now a smaller size, making it easier to display in a variety of locations. This is a great poster not just for agencies and schools that host services in many languages, but also for retail outlets in multilingual areas. Please consider using this poster as your prevention-education passport into local

stores that sell alcohol, or in their employee lounges and restrooms.

Another newly revised resource is the “Parents Will Your Kids Use Drugs?” Risk Quiz developed by DASA. The revised Quiz has a new look and contains data from the 2000 State Survey of Adolescent Health Behaviors. These and other resources can be ordered by emailing the clearinghouse: [clearinghouse@adhl.org](mailto:clearinghouse@adhl.org) or calling us at 800-662-9111 (state-wide) or (206) 725-9696 (Seattle). Remember to include your complete mailing address and phone number when emailing requests or leaving phone messages.

## Volunteers Needed

The Clearinghouse has openings for two volunteer positions: an individual with library skills to organize the lending library, and a graphic designer. For more information contact Liz Wilhelm at (206) 725-9696 or [clearinghouse@adhl.org](mailto:clearinghouse@adhl.org).

The Helpline is also in need of volunteers. Please contact Micky at (206) 722-3700. 🌄



## Liquor Control Board Rejects "Zipper" Gelatin Shots

In May the Liquor Control Board rejected an application to sell "Zippers" - 24-proof prepackaged 'gelatin shots' - in Washington State. The Board's action showed their commitment to reducing underage drinking in Washington.

Relatively new to the alcohol scene, "Zippers" contain 12% alcohol, 24 proof, and come in flavors such as Vodka Splash, Rum Rush, Blue Hawaiian, Melon Head, Purple Hooter and Fuzzy Navel - many of which taste like Kool-Aid.

Besides being high in alcohol content, Zippers may be dangerous because they come packaged in containers that look like any other snack pack or after-school snack a child may put

in their lunch box. If not properly coded as alcohol products in grocery stores, it will likely be very easy for underage youth to buy Zippers in states allowing their sale.



Zippers may be extremely enticing to young drinkers who do not like the taste of beer or hard liquor because they mask the taste of the alcohol with flavored jello. Kudos to the Liquor Control Board for keeping this product out of our state.

Zippers are owned and marketed on the Internet (<http://www.zippershot.com/Home.htm>) by BPNC, Inc. in Toledo, Ohio.

Zippers are currently sold in 20 states and may be sold in an additional 9 states soon.

## Report Shows Treatment Reduces Crime in Washington State

By Felix Rodriguez, Ph.D., DASA Research and Evaluation

Alcohol and drug-related crime imposes a high cost on the criminal justice system. It has been estimated that, for 1996 alone, alcohol and drug-related crime cost Washington State \$541 million. A recent study sponsored by the Division of Alcohol and Substance Abuse (DASA) reveals that treatment reduces the impact of substance abuse on the criminal justice system.

The study was funded by a Center for Substance Abuse Treatment (CSAT) grant to DASA as part of the Washington State Treatment Outcomes and Performance Pilot Studies Enhancement (TOPPS II) Project. It was

**Using administrative records of 10,284 adults who participated in treatment in 1995, the study finds that:**

- > **Treatment resulted in fewer persons with criminal involvement:** The percentage of persons having an arrest for either felony or gross misdemeanor declined from 39 percent in the year before treatment to 31 percent in the year after discharge.
- > **Treatment led to fewer arrests for felony offenses:** Arrests for felony offenses in the study population declined by 33 percent from 1,710 in the year before treatment to 1,141 in the year after treatment.
- > **Completing treatment or staying longer in treatment reduced risks for felony arrests:** Completing treatment lowered risks by 21 percent, while staying in treatment over 90 days reduced risks by 32 percent.

carried out by Bill Luchansky, Ph.D., of Northwest Crime and Social Research, as well as by Lijan He, Ph.D., and Dario Longhi, Ph.D., of the Department of Social and Health Services Division of Research and Data Analysis.

Copies of the report, entitled *Substance Abuse Treatment and Arrests: Analysis from Washington State*, may be obtained by calling the Washington State Alcohol Drug Clearinghouse at 1-800-662-9111 or at (206) 725-9696 (within Seattle or outside Washington), by writing them at 3700 Rainier Avenue South, Suite A, Seattle, Washington 98144, or by e-mailing them at [clearinghouse@adhl.org](mailto:clearinghouse@adhl.org). 🏠

## Farewell to DASA Staff

We are saying farewell to many of our coworkers and friends this summer as a result of retirements, projects ending, budget cuts, and new employment opportunities:

- |   |  |  |
|---|--|--|
| ■ Cindy Basso, <i>Training Section</i>    | ■ Barbara McHenry, <i>Treatment Section</i>      | ■ Pennie Sherman, <i>Planning Section</i>          |
| ■ Melissa Clarey, <i>Fiscal Section</i>   | ■ Alaeddin Mofidi, <i>Research Section</i>       | ■ Sue Smith, <i>Management Information Section</i> |
| ■ Kathy Droke, <i>Program Services</i>    | ■ Lois Munn, <i>State Incentive Grant</i>        | ■ Lois Thadei, <i>State Incentive Grant</i>        |
| ■ Susan Hartman, <i>Contracts Section</i> | ■ Margaret Shaklee, <i>State Incentive Grant</i> |  |

Many of our departing staff have been with DASA for several years. We will miss them and wish them well.

## Healthy Risks at Muckleshoot

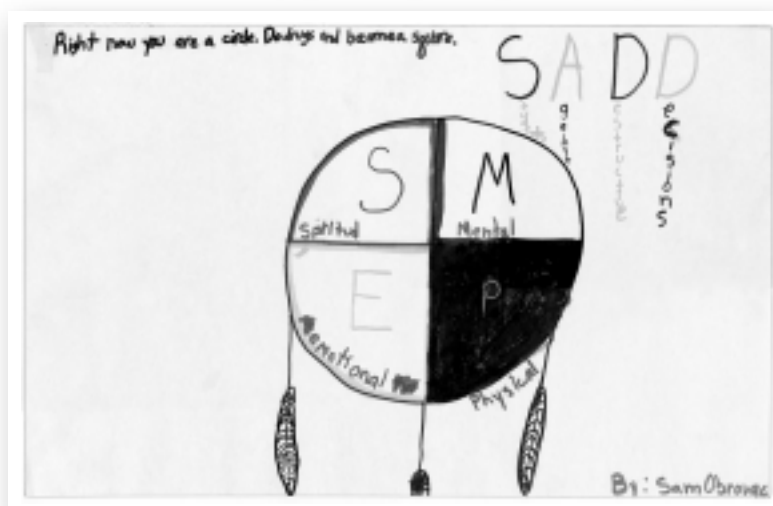
By Dan Carpita, Muckleshoot Alcohol/Drug Program

In April Katrina Ingall's fifth grade class at the Muckleshoot Tribal School formed the first SADD (Students Against Destructive Decisions) chapter on the reservation. The students named themselves The Muckleshoot Wolfpack Clan SADD Chapter. They picked three special projects for 2002: The Tribal Health Fair; the Sobriety Pow Wow; and Red Ribbon Week.

The health fair was held in May in the Tribal School gym. The Wolfpack Clan made posters and had a booth where they handed out informational pamphlets about SADD and the negative effects of tobacco, alcohol and other drugs. The students took a healthy risk in sharing some of the destructive decisions they oppose with their own families, older students and peers. They dared to be different and, like their namesake, stuck together. The students were honored for their efforts with a certificate of appreciation.

The Sobriety Pow Wow will be held the last weekend in July, where the students will again create posters and have an information booth. The Clan continues to meet weekly during summer vacation. When school begins in the fall, incoming fifth graders will be invited to join SADD and work on planning for Red Ribbon Week.

Participating students are Irene Anderson, Shyanda Culbertson, Wendi Culbertson, Randi Daniels, Steven Daniels, Shawnae Jansen, Heather Leonard, Thad Lozier, Sam Obrovac, D'Jon Wall and Madalena Williams. The students are sponsored by the Muckleshoot Alcohol/Drug Program and the DSHS Division of Alcohol and Substance Abuse. 🐾



## New Recovery Housing in Yakima

By Beth Dannhardt, Director, Triumph Treatment Services

Triumph Treatment Services, a local non-profit agency in Yakima dedicated to providing individual and family help for alcoholism and chemical dependency, announces the most recent addition to their housing program, Connections.

Connections is a renovation of a former motel into 49 units of permanent housing for individuals who are in recovery from chemical dependency and/or also have a mental illness. Some units can also accommo-

date a couple, a single parent with child, or a couple with a baby. There is a community kitchen and meeting room so residents can have guests and/or cook larger meals. Each unit has a sleeping area, storage, private bath, small kitchenette, TV, and telephone. They are fully furnished, including linens and kitchen supplies. All units have smoke detectors and overhead sprinklers. All units are in use except those kept empty for the open house. The renovation has taken almost two years.

Connections was developed as a response to a need for clean and sober, safe housing for individuals leaving residential and intensive chemical dependency treatment. The housing needed to be affordable and supported by staff to assist with personal goals and assisting in the path of recovery.

All residents are assigned a case manager to assist in developing and completing personal goals. There is an onsite manager supervised by Triumph Treatment Service's Housing Supervisor. Residents are required to continue their aftercare programs, get training, look for work, and not drink or use drugs. Residents have tasks associated with maintaining the facility in good order.

This is a very exciting project, which was made possible in part by a generous grant received from HUD (Housing and Urban Development) and assistance from The City of Yakima's Office of Neighborhood Development. 🐾

# Using Prevention Principles of Effectiveness

By Deb Schnellman, DASA Prevention Manager

The Division of Alcohol and Substance Abuse is committed to funding effective drug prevention programs and assisting our prevention providers in designing and implementing prevention programs that work. The federal Center for Substance Abuse Prevention (CSAP) has developed a publication entitled *Principles of Substance Abuse Prevention*. Appropriate use of these scientifically defensible principles can assist prevention professionals in designing services that are both innovative and effective, and in modifying proven models to respond to the specialized needs of individual programs.

The following is a **partial** list of *Principles of Substance Abuse Prevention* by CSAP (2001, p. 1-4). The principles are divided into six domains: Individual, Family, Peer, School, Community, and Society/Environmental.

Detailed descriptions of all the principles can be found online at [www.samhsa.gov/centers/csap/modelprograms/pdfs/pubs\\_Principles.pdf](http://www.samhsa.gov/centers/csap/modelprograms/pdfs/pubs_Principles.pdf)

## Individual Domain

- Build social and personal skills.
- Design culturally sensitive interventions.
- Cite immediate consequences.

## Family Domain

- Target the entire family.
- Help develop bonds among parents in programs; provide meals, transportation, and small gifts; sponsor family outings; and ensure cultural sensitivity.
- Help minority families respond to cultural and racial issues.

## Peer Domain

- Structure alternative activities and supervise alternative events.
- Incorporate social and personal skills-building opportunities.
- Design intensive alternative programs that include a variety of approaches and substantial time commitment.

## School Domain

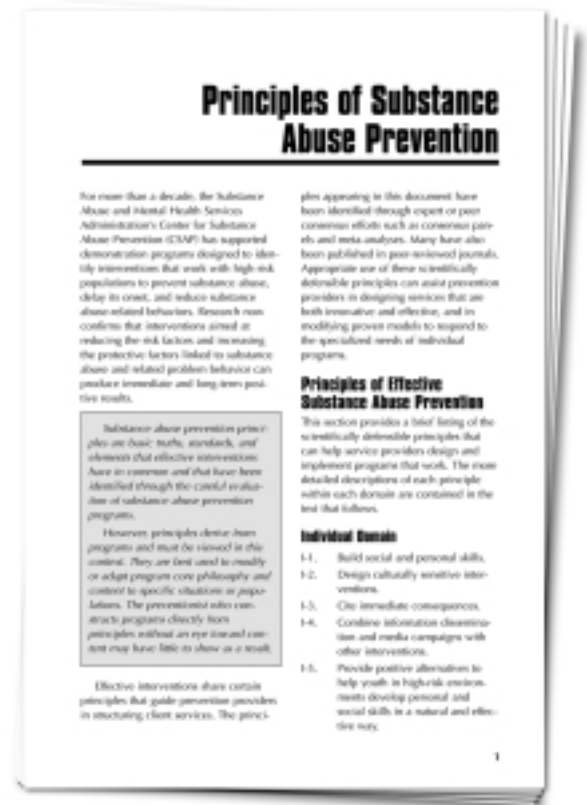
- Avoid relying solely on knowledge-oriented interventions designed to supply information about negative consequences.
- Correct misconceptions about the prevalence of use in conjunction with other education approaches.
- Involve youth in peer-led interventions or interventions with peer-led components.

## Community Domain

- Develop integrated, comprehensive prevention strategies rather than one-time community-based events.
- Control the environment around schools and other areas where youth gather.
- Provide structured time with adults through mentoring.

## Society/Environmental Domain

- Develop community awareness and media efforts.
- Use mass media appropriately.
- Provide structured time with adults through mentoring.



To order a free copy of *Principles of Substance Abuse Prevention* contact the National Clearinghouse for Alcohol and Drug Information (NCADI), (800) 729-6686, and request publication order no. "PHD 865."

## Governing For Results

The 2001 Washington State Prevention Summit Planning Team has been recognized in the 17th edition of *Governing for Results*. *Governing for Results* is a quarterly report from the Governor's Office on how state agencies are improving the quality, service and efficiency of state government.

Since the 1980s, DSHS has co-sponsored a statewide conference to provide education and support for alcohol and drug abuse prevention programming throughout Washington State. The annual conference also provides opportunities for community teams comprised of youth, educators, prevention professionals, and law enforcement officials to share strategies for preventing alcohol,

tobacco, and other drug problems in their communities. In 2000, the planning team reached out to other agencies hosting similar conferences and agreed to make the annual prevention conference a Prevention Summit by combining all of the conferences into one event.

The planning committee for the "2001 Washington State Prevention Summit," created a conference agenda around

specific goals, and measured their success in achieving those goals. The agenda was designed to increase participants' skills and abilities to plan and provide prevention activities in local communities by presenting information about research-based "best practices" and the most current regulatory policies and strategies.

2001 planning team members included Sydnie Baron and Kimberly Rhoads of the Lieutenant Governor's Office;

Deborah Costar of the University of Washington; Barb Green, Dixie Grunenfelder, Michael Langer, Deb Schnellman, Steve Smothers and Chris Flores of DSHS-DASA; Dale Grenier and Marscha Irving of the Office of Community Development; John Hughes of the Office of the Superintendent of Public Instruction; Letty Mendez, Manuel Romero and Stacy Smith of the Liquor Control Board; and Tom Wiedemann of the Department of Health.

Since April 1997 when the Quality Improvement Executive Order was issued by Governor Locke, Washington State Agencies have reported over 2,100 quality projects, saving the state over \$102 million and collecting over \$80 million in new revenue. 🏔️



Members of the 2001 Prevention Summit Planning Team included: L to R: Tom Wiedemann, Deborah Costar, Barb Green, Stacy Smith, Steve Smothers, Deb Schnellman, Michael Langer

## SAMHSA Puts Knowledge About Underage Drinking to Work in Classrooms



In a unique collaboration between the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services and Scholastic, Inc., classroom teachers nationwide received a two-part set of underage drinking-related materials designed especially for use by fifth-grade students, their families, and their teachers. Teachers received these materials in April (Drug Free Washington Month and National Alcohol Awareness Month).

The materials include Reach Out Now: Talk with Your Fifth Graders about Underage Drinking, a four-page set of lessons and in-class activities for teachers to use as part of classroom instruction. Also included is a take-home packet for students and their parents: Talk with Your Fifth Grader about Underage Drinking. The ma-

terials are based on research supported by NIH's National Institute on Alcohol Abuse and Alcoholism (NIAAA) and programs funded by SAMHSA's Center for Substance Abuse Prevention (CSAP).

The Reach Out Now materials have been received enthusiastically by the Leadership to Keep Children Alcohol Free, a consortium of Governors' spouses from states across the country, who are helping to raise awareness and use of the materials. Additional information about the Leadership to Keep Children Alcohol Free and their underage drinking prevention activities for children ages 9-15 are available at [www.alcoholfreechildren.org](http://www.alcoholfreechildren.org).

For more information about the Scholastic material, including Adobe Acrobat copies of the teachers' guide and parents' guide, log on to <http://www.samhsa.gov/news/news.html> and click on the March 28th news release. 🏔️



## Join the Voices of Recovery

### National Alcohol and Drug Addiction Recovery Month

The 13th annual National Alcohol and Drug Addiction Recovery Month (Recovery Month) will be observed during September 2002. The month is set aside to highlight the strides made in substance abuse treatment and to educate the public that addiction is a chronic, but treatable, public health problem that affects us all.

A user-friendly toolkit is available to help you deliver the message that recovery from drug and alcohol addiction can become a reality by utilizing accredited professionals and programs, family support, and peer help services. It allows you to easily tailor a community outreach program that matches your time and resources, while helping you educate key constituent groups about improving treatment in your community.

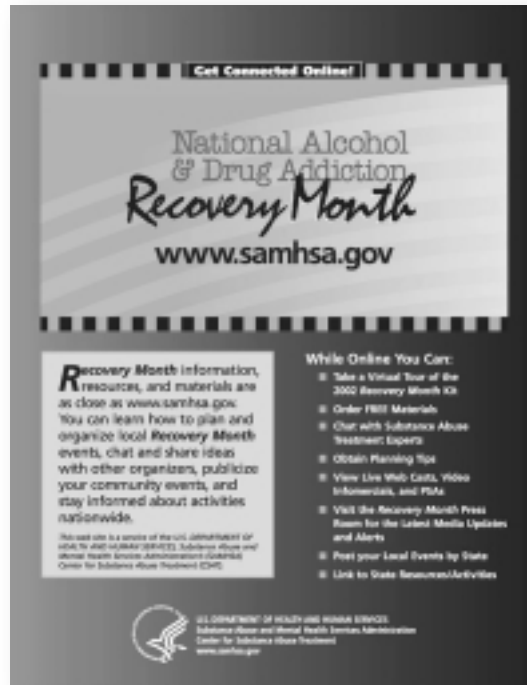
The kit emphasizes five guidelines for positive action defined by Changing the Conversation: The National Treatment Plan Initiative to Improve Substance Abuse Treatment, which was released in November 2000, and focuses on action steps that the community can take to expand collaborative efforts. This year's observance highlights each

person's responsibility with the theme "Join the Voices of Recovery: A Call to Action," and encourages everyone to help incorporate community treatment and recovery services as an integral part of the public health system.

Whether this is your first Recovery Month campaign or you are building on past efforts, you will find materials tailored to key constituent groups that offer concrete steps they can take

to improve treatment and recovery. Other materials are designed as templates that can be customized for your needs. There are also suggestions to help inform your community about the success stories being created by treatment and recovery.

If you'd like to order more kits free of charge or download a PDF version of the kit, visit <http://www.samhsa.gov> or call the Washington State Alcohol/Drug Clearinghouse at 1-800-662-9111. The Recovery Month web site also provides additional planning resources, media updates and alerts, web events, activities occurring across the country, and web banners. 🐼



## State Youth Tobacco Access Rate Drops

By Scott Waller, DASA Region 6 Prevention Manager

Twenty-four percent fewer tobacco retailers in Washington State sold tobacco products to underage compliance checkers in the most recent statewide Synar survey. The state's Synar compliance rate dropped from 13.9 percent in 2000 to 11.2 percent in 2001.

Under federal regulations associated with the Substance Abuse Prevention and Treatment (SAPT) block grant, the state's Synar rate must be below 20 percent for the state to receive its full block grant allocation. Up to 40 percent of the state's \$33 million SAPT block grant can be held back if the Synar rate is higher than the target rate.

The Synar rate is determined by having underage youth attempt to purchase tobacco products from retailers. The youth compliance checkers operate under the supervision of local health jurisdiction personnel affiliated with

the Department of Health (DOH). In many cases, Liquor Control Board (LCB) agents accompany the compliance checkers. LCB issues citations to tobacco retailers who sell to the underage compliance checkers. DOH collects the Synar check information from its local health jurisdictions and then reports the findings in a report to DASA. DASA includes the information from the DOH report in its annual application for the SAPT block grant.

The Washington State Legislature created the three agencies' partnership in 1993. The Legislature created a new funding source called the Youth Tobacco Prevention Account, paid from tobacco license fees and fines from offenders. That account provides funding to DOH to support local health jurisdictions' efforts to conduct the compliance checks and other tobacco prevention activities and supports enforcement of state tobacco laws by the Liquor Control Board. Through the law, DOH provides DASA with the information it needs for its annual report of Synar compliance.

For more information contact Scott Waller at (360) 438-8093. 🐼

To continue bringing you useful information in FOCUS, let us know what matters most to you, and the drug prevention and recovery news and successes happening in your community. Send your comments and information to Deb Schnellman at [schneda@dshs.wa.gov](mailto:schneda@dshs.wa.gov).





## Saying It Out Loud: GLBTQ Conference

By Harvey Funai and Jennifer Gau

In May the Division of Alcohol and Substance Abuse (DASA), the Mental Health Division (MHD), the King County Mental Health, Chemical Abuse and Dependency Services Division, and the Department of Health sponsored a conference that approximately 180 professionals attended. The "Saying It Out Loud" Conference addresses alcohol, tobacco, and other drugs, mental health and other health issues facing the Gay, Lesbian, Bisexual, Transgender, and Questioning (GLBTQ) Communities.

Ken Stark, DASA's Director, and Chris Imhoff, Legislative Relations Coordinator from MHD, gave the opening remarks. Eddie Rodriguez, Director of the Division of Access and Equal Opportunity, was the moderator. Some of the workshop topics included:

- No Magic Required, Working with Transgender Individuals
- Applying Available Alcohol, Tobacco and Other Drug Research Findings to Programs serving GLBTQ Youth
- Sexuality: Myth vs. Reality
- Working with Asian/Pacific Islander Sexual Minorities
- Youth Suicide
- Understanding the Needs of Your Elder GLBTQ Clients 🐾



L to R; Harvey Funai, Region 4 Administrator; Dave Bischof, Rhonda Syphax, Doug North and Eddie Rodriguez, Director of DSHS Access and Equal Opportunity Division

## Citizens Advisory Council Conducts Annual Work Session

By Tommy R. Thomson, CAC Member

In May the Division of Alcohol and Substance Abuse's (DASA), Citizens Advisory Council (CAC) on Alcoholism and Drug Addiction conducted its annual work session. During this session, the CAC reviewed its 2001-2002 policy accomplishments, including the following:

1. Conducting the annual Peer Review process and make appropriate recommendations to DASA to improve the quality and effectiveness of substance abuse treatment in Washington State.
2. Advocating for sentencing reform legislation approved by the legislature.
3. Holding a public meeting for SAPT Block Grant in fulfillment of federal requirements.
4. Participating in the development of statewide objectives and benchmarks for prevention services for the State Incentive Grant.
5. Providing commentary and suggestions to DASA on its budget.
6. Providing representation to policy activities, including the Governor's Council on Substance Abuse, DASA's Policy Forum, and the Washington State Prevention Summit.
7. Disseminating policy perspectives through a regular column in DASA's Focus Newsletter.
8. Advocating for the needs of children and families during the legislative budget process.
9. Providing outreach to county administrative boards to share policy perspectives.

CAC development activities and accomplishments were reviewed. These included (but were not limited to) implementing the annual work plan, re-focusing the CAC and coordinating its activities in its advisory role to DASA, and producing an annual report.

The CAC annual report contains recommendations for future strategies and direction in alcohol and drug treatment, prevention, and related services. The final report is expected to be available to interested parties early in September 2002.

The work session ended with the identification of CAC 2002-2003 priorities. These priorities will become agenda items at future meetings of the CAC.

For more information about the CAC, contact Doug Allen at (360) 438-8060. For information about upcoming CAC meeting dates and locations, contact Keri Patzer at (360) 438-8053. 🐾

## Farewell to Our High School Interns

By Eric Crawford, DASA Intern Coordinator

It is with sincere gratitude that DASA says farewell to this year's student employees. These young men and women proved themselves to be responsible, resourceful, and reliable. Each one of them brought a set of qualities that made their presence unique and their service invaluable. Congratulations on your graduations and thank you!

Some of our interns shared the following about their experiences at DASA:

### Marcus Lee:

"Working at DASA has been a great privilege to me. I had chances to learn many new skills like copying, filing, telephone skills, and people skills. Now I am familiar with most of the basic office related skills that I might need for future reference. I also had a chance to work with the nicest people I have ever met. This experience has been truly a once in a life-time thing. I would like to thank you from the bottom of my heart."



From Left to right: Amber Boyd; Sothea Sam; (behind) Nolan Monta; Marcus Lee; (in front) Chris Flores; Jennifer Gau (DASA Administrative Support); Ronna White; Rachael Hersey; Taro Som; (behind) Lisa Weber; Kimberly Heenan; Jennifer Fine; (behind) Patty Livingston; Sheryl Turner (former DASA Intern Coordinator); and Emilio Vela (DASA Treatment Supervisor).

### Sothea Sam:

"I've had a wonderful time working for DASA! I've met very nice and intelligent people. I've learned how to enhance my communication and people skills; but most of all, I've come to value the importance of teamwork. Working for DASA has been a once-in-a-life-time experience in which I will never forget."

### Chris Flores:

DASA has taught me many great things associated with an office environment over the year. DASA made me more of a responsible person because of the amount of people that counted on me. My relationship with DASA's staff was great and I even made some friends. I gained a lot more knowledge of an office environment that will benefit my future career. Basically, DASA has made me a better worker and a better person."

*While Chris Flores was working at DASA he was awarded an Outstanding Intern Award, an Outstanding Team Award for his work with the Training Section, and was part of the "2001 Washington State Prevention Summit" Team that received a Governing for Results award from the Governor.* 🏆

## Share "Summit High" Series with Young People

The latest episode of the National Youth Anti-Drug Media Campaign's new interactive animated series, "Summit High," is now online at [www.Freevibe.com](http://www.Freevibe.com). This Internet-based cartoon follows the lives of five freshman high school students who are dealing with many of the issues facing tweens and teens today, including peer pressure and drug use. The Media Campaign is reaching out to young people where they are spending an increasing amount of their time: online.

We encourage you to work with your organization's Webmaster to promote Summit High in an effort to reach young people with this new, dynamic, online drug prevention tactic. Two easy ways to promote this new resource are:

- Place a Summit High banner on your Web site. Banners are available at <http://www.mediacampaign.org/mg/banners.html>.
- Place a text link on your Web site that directs youth to the Summit High page on Freevibe.com: <http://www.freevibe.com/headsup/summithigh.shtml>. 🐞



To learn more about Summit High, visit [www.Freevibe.com](http://www.Freevibe.com)

## Excelsior Youth Center Opens New Recovery House

By Stephen Bogan, DASA Youth Treatment Lead

Excelsior Youth Center in Spokane opened their new Turning Point Youth Recovery House in April. The program is licensed by the Department of Health and certified by the Division of Alcohol and Substance Abuse (DASA). The recovery house services are contracted through DASA for low-income, indigent youth that have successfully completed inpatient treatment, and require continued support for their recovery from addiction.

The ten recovery house beds provided by Turning Point will assist youth transitioning from in-

addition to chemical dependency, and will help them return to a healthy, productive life.

"Getting the Turning Point Recovery House up and running has been one of the most rewarding events in my career", said Roberta Kresse, Adolescent Recovery House Director. "The youth we've served so far have been diverse ethnically, religiously, and most of all in their perspectives on recovery and sobriety. It's probably not telling any secrets to say there has been hardly a

tensive treatment to home or on to independent living. Services are targeted to youth who have co-occurring mental health and emotional problems in ad-

dull moment, with up to 12 young people grappling with all sorts of issues... including what continuing sobriety really means in their lives. We continue to learn as much every day from them as they, I hope, are learning from us." 🏠



## Victoria's Children

By Julie Wokasch,  
MDIV, CCDCI, NCACI,  
and CDP HOPE for COAP



She sat in the far corner of the room. If I hadn't been teaching Family Systems and Chemical Dependency, I may have missed her. The only striking thing about her was her red hair and the freckled face that at one time must have been beautiful. She certainly fit the mode of the lost child. When the class was completed, and I had left, I forgot the women. However, she didn't forget me.

Victoria called me in July 1998 and made an appointment for herself and her two young children. The following month they came in shy, poor and in desperate need of help.

Victoria was separated from her husband and a difficult divorce was in progress. Her hands shook as she spoke, the shaking being blamed on a prescription drug she was taking. The children sat

in silence. Four-year-old Lisa showed classic signs of the effects of parental alcoholism. Christopher, who was eleven at the time, responded the fastest, being a child who loved playing games. In the playing, Victoria began to find her long lost inner child.

Game playing is one of the primary ways we interact with our clients, young or not so young. Through the use of games such as Talking, Trusting, Feeling, Family, Happenings and Angry Animals, the family story began to be told. I was able to ask Victoria if she was abusing alcohol and help her get into treatment. She continued to come weekly with her children while also

working on her recovery from chemical dependency.

In February of 2000 they stopped coming. Mom had a year-and-a-half free of chemicals and both children were doing well in school. Mom had a job and had also stopped smoking, to the great delight of the children.

One of my favorite stories about this family centers around four-year-old Lisa. One day we were dealing with feeling words. I asked the children to give me a feeling word for how they felt when things "get crazy" at home. Lisa put a small finger to her cheek, sighed deeply and said, "when things get crazy at home, I feel so confused." We all looked at her in shock! How could such a young child say it so well?

In September 2000, Victoria came alone to see me. Seven-year-old Lisa was acting out. Victoria expressed frustration. Could they come back and work through some of the issues causing them problems at this time? Their "booster shot" began the next month. To date they are doing great. Lisa is finding ways to express the "confusion" in her life. You see, she is old enough to really understand that their family is not the same as all families. With new videos, games and lots of talking, trusting, and feeling, the whole family is moving to a new level of awareness.

Victoria now has over two years clean and sober. Thirteen-year-old Christopher tells his mom he is proud of her, and continues to do well in school. I get a hug each time he prepares to leave, a hug initiated by him. Victoria and her children show what HOPE for COAP is meant to be in the lives of hurting people, a healing balm for the entire family.

For more information about Hope for COAP, contact Julie Wokasch at (509) 327-9831. 🏠

# Training and Awareness Events: August through October 2002

AUG AUGUST	SEPT SEPTEMBER	OCT OCTOBER
<p>19-20 2nd Annual Washington State Methamphetamine Summit, Spokane Doubletree Hotel, (253) 272-6824 or <a href="mailto:campaign@safest.org">campaign@safest.org</a></p> <p>21-24 17th Annual Merrill Scott Symposium on Alcoholism and Drug Addiction, Yakima: <a href="mailto:smunson@sundown.org">smunson@sundown.org</a></p>	<p>National Alcohol and Drug Addiction Recovery Month: <a href="http://www.samhsa.gov/csat">www.samhsa.gov/csat</a> or 800-662-9111 (Washington State Alcohol/Drug Clearinghouse)</p> <p>15-16 Counselor Camp 2002, Camp Cispus, Randle</p> <p>Late Sept. NPN Research Conference, San Diego</p>	<p>3-4 Women's Coalition on Substance Abuse Annual Conference, Leavenworth</p> <p>23-31 National Red Ribbon Week: <a href="http://www.redribbon.org">www.redribbon.org</a> or 800-662-9111 (Washington State Alcohol Drug Clearinghouse)</p> <p>24-26 2002 Washington State Prevention Summit, Yakima. Theme: United We Stand, Drug-Free We Soar. Keynote speakers: Greg Alan Williams, Emmy Award Winner; Piggy Thomas, MTV Road Rules</p>

Want to share FOCUS with others?  
Let them know it's on DASA's website at  
[www-app2.wa.gov/dshs/dasa/](http://www-app2.wa.gov/dshs/dasa/)  
(click on "What's New")

**For more information or to register  
for trainings, contact the DASA's  
Training Section at 1-877-301-4557**

## Did You KNOW?

- You can search online through more than 1200 free statistical tables on foundations and their giving, including the 50 largest corporate foundations in the country. Visit The Foundation Center's web site at <http://www.fdncenter.org>

- The American Medical Association has released a policy briefing paper entitled, "Partner or Foe? The Alcohol Industry, Youth Alcohol Problems, and Alcohol Policy Strategies." The 16-page paper addresses social marketing, environmental prevention, and industry Sponsorship. The paper is located online at <http://www.ama-assn.org/ama/pub/category/3568.html>

## CASA Sponsors Family Day

The National Center on Addiction and Substance Abuse (CASA) is sponsoring Family Day on September 23, 2002, a national initiative to help reduce substance abuse among children and teens.

Since 1996, CASA research has consistently shown that the more often a child eats dinner with his or her family, the less likely that child is to smoke, drink or use illegal drugs. Parent Power

is the most potent — and underutilized — tool in preventing substance use. Eating dinner as a family is a comfortable, natural and effective way for parents to engage in their child's life.

CASA is looking for organizations to help promote this event and spread the message that parents can make a difference. To get involved in



Family Day, or obtain more information, please contact Sarah Winkeller at [swinkell@casacolumbia.org](mailto:swinkell@casacolumbia.org) or visit CASA's website at [www.casacolumbia.org](http://www.casacolumbia.org). 🏠



Division of Alcohol & Substance Abuse  
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Olympia, WA 98504-5330

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